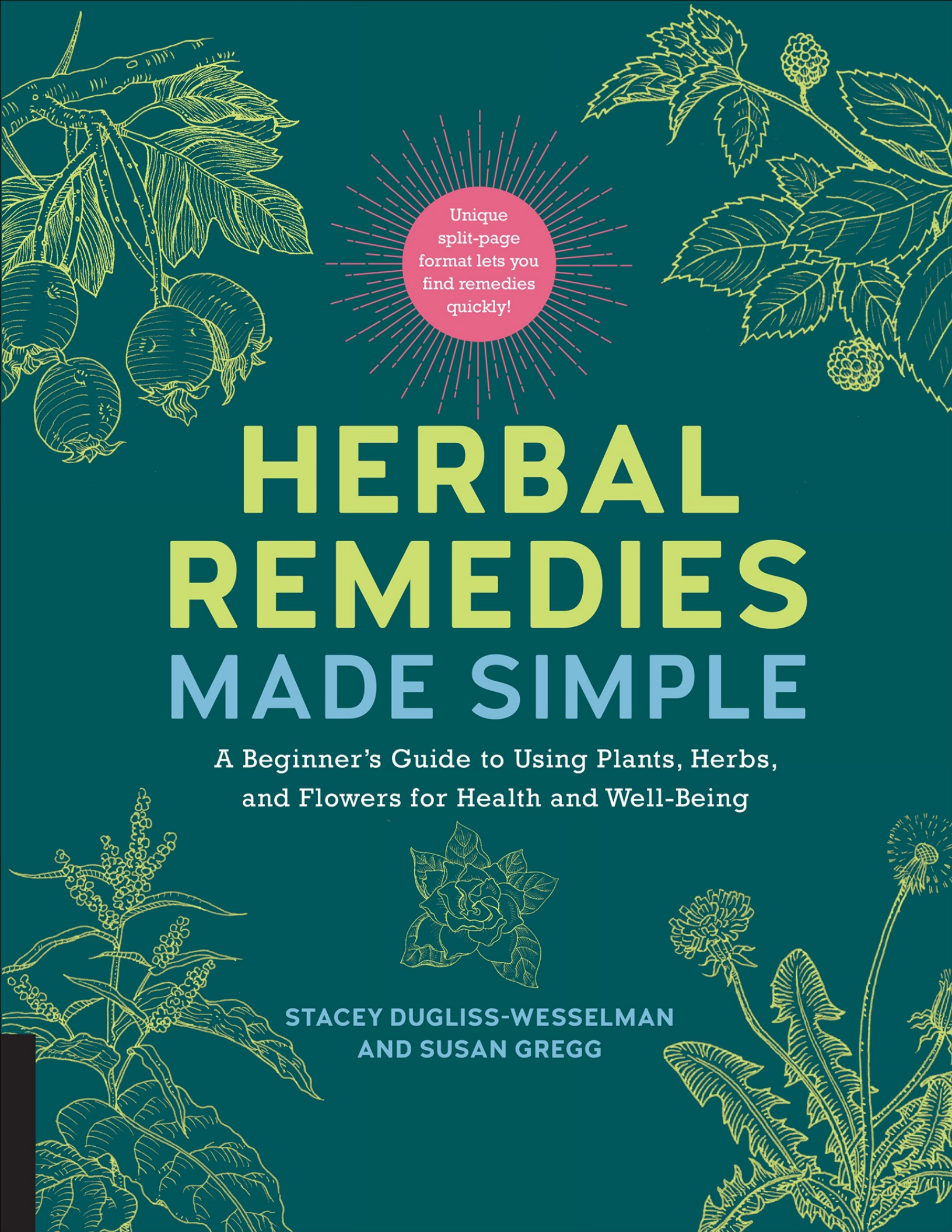

HERBAL REMEDIES MADE SIMPLE

A Beginner's Guide to Using Plants, Herbs, and Flowers for Health and Well-Being

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AND SUSAN GREGG

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Introduction: A Little Magic in Your Life

You know in your heart that plants are magical. Remember, as a child, planting a seed and watching it grow and blossom? It was a tangible metaphor for life, but it hinted at something even deeper. The right plants can help you manifest your dreams and desires. They are living beings with spirit and wisdom; if you open your heart and mind, they can offer you powerful, loving gifts.

The act of creating one of the recipes in this book can be a spiritual practice in itself. Consider incorporating the process into one of your rituals, or simply meditate on a particular plant's message and power as you add it to your concoction. Do your best to stay in the moment as you work with magical plants, and combine ingredients with respect and intention.

You can also use the products you make to bring a little extra magic into the often-overlooked, too-often-rushed everyday moments of your life. Turn your routines into rituals of their own. For example, if your daily face wash is Lavender Cleanser (shown here), the lavender will infuse you with peace, joy, and a sense of connection (shown here). Focus on them as you apply it, and turn your regular cleaning into true, mindful cleansing.

To use this book, flip through the top pages to find an interesting recipe you'd like to try. Then flip through the bottom pages (denoted with a number inside of a circle) to discover the magical properties of the plants it features as ingredients. And as you get to know both the techniques and the plants you need in your life, feel free to create and adapt the recipes to your preferences.

Make sure that all of the ingredients you select, whether they are home-grown or purchased at your favorite health food store or new age apothecary, are food-grade and/or safe to use topically. Read the labels, and don't be afraid to ask questions. And then, happy creating!

DOSAGE GUIDELINES

Here are some basic dosage guidelines for both the recipes in this book and those that you make up. Please keep in mind that they are only guidelines and can vary according to the recipe and plant material used.

RECIPE TYPE	**SUGGESTED DILUTION** (*this may vary depending on the recipe and oil used*)

Massage oil	10 to 30 drops per 1 ounce (30 ml) carrier oil
Compress	3 to 5 drops per 1/4 cup (60 ml) water
Bath soak	5 to 10 drops in bathwater
Room diffuser (aromatherapy)	3 to 5 drops per small bowl of water
Face oil (lotion)/Body oil (lotion)	5 to 10 drops / 10 to 20 drops per 1 ounce (30 ml) of carrier oil

REMEDY TYPE	STANDARD ADULT DOSAGES
Infusions and teas	1 cup (235 ml) 3 times daily
Decoctions	1 cup (235 ml) 3 times daily
Tinctures	1/2 teaspoon 3 times daily
Poultices	2 or 3 times a day for 2 hours at a time (for no longer than 2 days)

WHAT TO AVOID

When using natural plants in recipes, it's important to research every herb prior to use. There are some herbs that may be dangerous if used incorrectly or used at all. The following is a list of essential oils that should be AVOIDED.

- Bitter almond
- Calamus
- Savin
- Horseradish
- Tansy
- Jaborandi leaf
- Mugwort
- Wormseed
- Pennyroyal
- Wormwood
- Rue
- Yellow camphor
- Sassafras
- Thuja

LAVENDER CLEANSER FOR NORMAL, MATURE, OR SENSITIVE SKIN

This is a gentle cleanser with lavender to soothe and tighten and chamomile to calm. The aloe, glycerin, honey, and jojoba all act as humectants, locking moisture in while also calming irritated or sensitive skin.

INGREDIENTS

1 ounce (28 g) fresh **lavender** 22, or 1/2 ounce (14 g) dried **lavender** 22
1 ounce (28 g) fresh **chamomile** 74, or 1/2 ounce (14 g) dried **chamomile** 74
1 quart (1 L) water
1/3 cup (40 g) **aloe vera** 6 powder 1 cup (235 ml) vegetable glycerin
1/4 cup (80 g) honey
15 drops jojoba oil
10 drops **rosehip** 36 oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Combine the infusion with the remaining ingredients in a sterile mixing bowl, and mix well with a hand mixer. Once everything is fully mixed together, pour it into a sterile amber bottle. Store it in a cool place, preferably the refrigerator. After 1 week, discard and start fresh.

To use, place the desired amount onto a facial sponge or washcloth and gently wipe in a circular motion, then rinse with warm water and pat dry. Follow with toner and moisturizer.

Yield: 1 quart (1 L), enough for 1 week's worth of cleanser (depending on amount used)

ALOE VERA

Helps keep you young at heart

ALOE VERA WILL

- Prevent accidents
- Ease the pain of loss
- Protect you
- Bring good luck

Aloe vera in your home will bring good fortune and prevent accidents. Guard against negativity by hanging a leaf over your front door. It will remind you to be patient and that you were meant to blossom and grow. Burn it as incense to invoke the wisdom, love, and protection of the Moon Goddess.

FENUGREEK SEED

Lightens up your mood

FENUGREEK WILL

- Purify your home
- Bring abundance
- Bring your dreams to life

Fenugreek seeds attract money, so add them to your cleaning solution when you mop your floors. Add a few seeds to an open jar in your kitchen every day to make sure you always have more than enough money. When the jar is full, empty them into your backyard and start over. Placing them under your bed will stop nightmares.

PATCHOULI CLEANSER FOR OILY SKIN

This is a wonderful cleanser for oily or acne-prone skin; all the herbs work to control oil production, draw out oils, and fight against bacteria. The additional active ingredients aid the skin's healing process and moisturize without clogging pores or leaving the skin greasy.

INGREDIENTS

1/2 ounce (14 g) dried **patchouli** 60 seeds
1 ounce (28 g) tea tree leaves
1 ounce (28 g) **turmeric** 12
1 ounce (28 g) dried neem leaf
1 ounce (28 g) dried **fennel** 19 seeds
1/2 ounce (14 g) dried **licorice root** 26 (or 2 tablespoons [30 ml] **licorice root** 26 extract) 2 quarts (2 L) water, heated to a simmer
1/3 cup (40 g) **aloe vera** 6 powder 1 cup (235 ml) vegetable glycerin
1/4 cup (80 g) honey
15 drops of one of the following (or a mixture): baobab oil, argan oil, **camellia** 64 oil, grapeseed oil, jojoba oil 5 drops evening primrose oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Combine the infusion with the remaining ingredients in a sterile mixing bowl, and mix well with a hand mixer. Once everything is fully mixed together, pour it into a sterile amber bottle. Store it in a cool place, preferably the refrigerator. After 1 week, discard and start fresh.

To use, place the desired amount onto a facial sponge or washcloth and gently wipe in a circular motion, then rinse with warm water and pat dry. Follow with toner and moisturizer.

Yield: 2 quarts (2 L), enough for 1 week's worth of cleanser (depending on amount used)

GERANIUM

Encourages you to see life's beauty

GERANIUM WILL

- Invite protection
- Help you conceive a child
- Encourage love
- Attract abundance

Planting geraniums around your home will protect it from negative energies and unwanted visitors. Red will invite love and abundance, while pink will attract friendship and love. White will raise the spiritual vibrations. To relieve stress, make a bath with geranium by putting the leaves and flowers in a mesh bag and hanging it under the faucet.

CHAMOMILE CLEANSER FOR DRY OR MATURE SKIN

This soothing, moisture-enhancing blend of herbs is aided by the natural humectant and skin-soothing effects of aloe, glycerin, and honey.

INGREDIENTS

1 ounce (28 g) dried **chamomile** 74
1 ounce (28 g) dried **alfalfa** 45
1 ounce (28 g) dried calendula
1/2 ounce (14 g) dried **fennel** 19 seeds 1 1/2 quarts (1.5 L) water, heated to a simmer 1/3 cup (40 g) **aloe vera** 6 powder 1 cup (235 ml) vegetable glycerin
1/4 cup (80 g) honey
15 drops jojoba oil
15 drops apricot kernel oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Combine the infusion with the remaining ingredients in a sterile mixing bowl, and mix well with a hand mixer. Once everything is fully mixed together, pour it into a sterile amber bottle. Store it in a cool place, preferably the refrigerator. After 1 week, discard and start fresh.

To use, place the desired amount onto a facial sponge or washcloth and gently wipe in a circular motion, then rinse with warm water and pat dry. Follow with toner and moisturizer.

Yield: 1 1/2 quarts (1.5 L), enough for 1 week's worth of cleanser (depending on amount used)

CYPRESS

Brings you comfort and joy

CYPRESS WILL

- Encourage longevity
- Provide comfort
- Help heal the mind and body
- Provide protection

Cypress will help you overcome the pain of loss. Wear a sprig to a funeral to help release grief. Plant a tree near your home for protection. To make a cypress wand for healing, make a notch near the base of a branch. Cut it over three to four months, letting each cut heal before deepening the notch.

FEVERFEW

Brings passion to everything you do

FEVERFEW WILL

- Protect you from accidents
- Create a peaceful atmosphere
- Keep you healthy

Feverfew is most powerful around the summer solstice, so gather its leaves then. Carrying a few sprigs on your body will help you avoid accidents and stop you from getting a cold. When the dried leaves are burned as incense, they will fill the room with a profound sense of peace. They are excellent to burn when meditating.

ROSE POWDERED CLEANSER FOR MATURE OR DRY SKIN

This combination of moisture-replenishing clays reduces the appearance of wrinkles by tightening the skin, fighting the signs of aging.

INGREDIENTS

1/2 cup (60 g) kaolin clay
1/3 cup (40 g) oat flour or rice flour 1/3 cup (40 g) **rosehip** 36 powder 1/4 cup (30 g) rhassoul clay
1 tablespoon (14 g) powdered **lavender** 22
1 tablespoon (14 g) powdered **rose** 36 petals

DIRECTIONS

Combine all the ingredients in a bowl until well blended, and then transfer to a clean, moisture-free container.

To use, spoon some cleanser into the palm of your hand and apply a wetting agent (such as water, milk, **almond** 17 milk, or honey) to create a paste. Apply to your face and neck, avoiding the eye area. Leave on for 2 to 5 minutes, and then rinse off.

Yield: 1 1/2 cups (180 g)

TURMERIC

Purifies your heart and your mind

TURMERIC WILL

- Protect your home
- Purify a sacred space
- Deepen your spiritual connection

Place a root near your front door for protection. When placed on your altar, it will help deepen your spiritual connection. To purify your home and impart a feeling of peace and sanctity, burn dried turmeric as incense. When ground and mixed with coarse sea salt, the root can be scattered to purify and bless an area.

CHAMOMILE POWDERED CLEANSER

This gentle cleanser with the skin-calming properties of chamomile cleanses the skin without irritating. This cleanser is great for all skin types, even sensitive skin. It leaves the skin refreshed, moisturized, and bright.

INGREDIENTS

1/2 cup (40 g) rolled oats

1/2 cup (60 g) powdered goat's milk (if unavailable just double the rolled oats) 1/4 cup (20 g) powdered **chamomile** 74 or **lavender** 22 (if unavailable add 1 tablespoon dried **chamomile** 74) 1 1/2 cups (355 ml) soy milk or **almond** 17 milk 1 tablespoon (20 g) honey

DIRECTIONS

Blend all the ingredients in a blender until creamy. This recipe can be stored in a sealed sterile container in the refrigerator for up to a week. Alternatively, mix the dry ingredients and store in a sealed container, adding the soy milk and honey when ready to use.

To use, apply the cleanser to the face with a gentle circular motion. Rinse well with warm water.

Yield: 2 3/4 cups (500 g)

SESAME

Opens your mind and your heart

SESAME WILL

- Attract money
- Help you find hidden treasure
- Increase sexual desire

Eating sesame seeds will increase your sexual desire. Place some seeds on your altar to help you find the hidden aspects of yourself and attract abundance. Carrying sesame seeds in a purple velvet bag while you are hunting for treasure will ensure you of success.

FENNEL POWDERED CLEANSER FOR OILY SKIN

Deep cleaning and pore refining, this is a great cleanser for problem skin.

INGREDIENTS

1/2 cup (60 g) kaolin clay
1/4 cup (30 g) neem powder
1/4 cup (30 g) **fennel** 19 powder 1/4 cup (30 g) bentonite clay

DIRECTIONS

Combine all the ingredients in a bowl until well blended and then transfer to a clean, moisture-free container.

To use, apply the cleanser to the face with a gentle circular motion. Rinse well with warm water.

Yield: 1 1/4 cups (150 g)

SUNFLOWER

Shows you how to tap into your inner wisdom

SUNFLOWER WILL

- Make wishes come true
- Deepen your integrity
- Bring you good luck
- Provide protection

Sunflowers represent devotion. To expand your sense of integrity, place a flower head on your altar. Sleeping with them under your pillow will ensure you of always knowing the truth. Finally, taking time to watch sunflowers follow the sun will remind you of the magical nature of life.

CHAMOMILE FACIAL EXFOLIANT

This cleanser is great for all skin types, especially sensitive skin, and leaves the skin refreshed, moisturized, and bright.

INGREDIENTS

1 cup (120 g) powdered cow or goat's milk
1/2 cup (40 g) rolled oats
1/4 cup (35 g) cornmeal
1/4 cup (30 g) powdered **chamomile** 74 or **lavender** 22 (if unavailable add 1 tablespoon dried **chamomile** 74 finely ground with a mortar and pestle) 1 tablespoon (20 g) honey (to be used as wetting agent; amount can be adjusted as needed)

DIRECTIONS

Combine the dry ingredients and mix well. This mixture can be stored in a dry container for several applications; add the wetting agent only at the time of use.

To use, apply the cleanser to the face in a gentle circular motion. Rinse well with warm water.

Yield: 2 cups (245 g)

ALMOND SCRUB FOR ALL SKIN TYPES

With their antioxidant and astringent properties, almonds help treat a variety of skin ailments. Sunflower seeds, full of vitamin E, decelerate the aging of skin cells and diminish the appearance of scars.

INGREDIENTS

2 tablespoons (14 g) finely ground **almonds** 17
1 tablespoon (7 g) ground **sunflower** 14 seeds 1 tablespoon (5 g) oatmeal
1 tablespoon (7 g) wheat germ
1 tablespoon (8 g) **chamomile** 74 powder
Sweet **almond** 17 oil, water, honey, or milk (used as wetting agent; adjust amount as needed)

DIRECTIONS

Combine all the ingredients in a blender until creamy. Alternatively, you can double the recipe, combine only the dry ingredients, and store in dry, sealed container for several applications, add wetting agents only at the time of use.

To use, apply to the face in a gentle circular motion. Rinse well with warm water.

Yield: 3 ounces (42 g)

SAGE

Helps you access your innate wisdom

SAGE WILL

- Help with divination
- Increase abundance
- Invite longevity
- Protect your home and family

For magical purposes, the leaves are best harvested before the flowers appear. Carrying sage on your person will encourage wisdom and connect you with your intuition. To cleanse your home and create a bubble of protection, burn sage and walk around the perimeter with it. Burn it during meditation to help see into the future.

ORANGE EXFOLIATOR FOR OILY OR COMBINATION SKIN

This creamy mask uses almonds, orange peel, and peppermint to draw out oils and fight acne. It also exfoliates the skin without overdrying or irritating it.

INGREDIENTS

1/2 cup (60 g) kaolin clay
1/4 cup (30 g) finely ground **almonds** 17
1/2 cup (60 g) powdered goat's milk 2 tablespoons (15 g) cornmeal
2 teaspoons powdered **orange** 76 peel
2 teaspoons dried **peppermint** 78 leaves
Honey, water, or jojoba oil (used as wetting agent; adjust amount as needed)

DIRECTIONS

Combine the dry ingredients, mix well, and store in a dry sealed container until ready to use. Add the wetting agent only at the time of use.

To use, apply to the face in a gentle circular motion. Rinse well with warm water.

Yield: 1 1/2 cups (180 g)

ALMOND

Teaches you about wisdom

ALMOND WILL

- Attract abundance
- Deepen your connection to spirit
- Bring deeper understanding to complex issues

Almond oil will deepen your connection to spirit and help bring understanding to complex issues. Rub a little on your forehead and temples or sprinkle it around the room. For help making a decision, place a few almonds under your pillow and think about the issue before going to sleep. You will get an answer in your dreams.

ROSE WATER TONER

Rose water retains moisture, fighting the signs of aging and balancing the skin. This toner is soothing and nourishing for all skin types, especially dry, mature, and sensitive types.

INGREDIENTS

1/2 cup (120 ml) distilled water
1/2 cup (120 ml) **rose** 36 water (can also use **rose** 36 or **rosehip** 36 infusion) 1/4 cup (60 ml) **witch hazel** 44
1 tablespoon (14 g) **aloe vera** 6 gel or **aloe vera** 6 powder

DIRECTIONS

Mix all the ingredients together. Pour the mixture into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with moisturizer.

Yield: 1 1/4 cups (300 ml)

CUCUMBER

Helps you see from a more expansive perspective

CUCUMBER WILL

- Increase fertility
- Facilitate healing
- Deepen your spiritual connection

If you're hoping to have a child, eat the seeds of the cucumber. It will increase your fertility. Putting fresh cucumber peels on your altar before you meditate will deepen your meditation. To remove negative energy in a room, place several cups of fresh peels in a muslin bag and swing it around the room.

WITCH HAZEL TONER

The antiseptic and antibacterial properties of tea tree oil, thyme, and black willow bark fight acne-causing bacteria and oils, revealing toned, balanced skin.

INGREDIENTS

1/2 cup (120 ml) distilled water
1/4 cup (60 ml) **witch hazel** 44
3/4 teaspoon **aloe vera** 6 gel 10 drops tea tree essential oil
5 drops black **willow** 42 bark essential oil 5 drops **thyme** 50 essential oil

DIRECTIONS

Mix all the ingredients together. Pour the mixture into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with a moisturizer.

Yield: 3/4 cup (180 ml)

FENNEL SEED

Improves your memory

FENNEL WILL

- Protect your home
- Purify your mind, body, and spirit
- Give you courage

Let a jar filled with fennel leaves and olive oil infuse for at least a month. Use the oil to encourage healing by rubbing it on the affected area. To purify and protect your residence, sprinkle some of the oil around it. Adding seeds to your bathwater will strengthen your body, help you relax, and clear your mind.

ACNE TONER

Yarrow and calendula soothe damaged skin and help prevent scars, while patchouli and tea tree fight acne-causing bacteria. This toner is refreshing for oily, problematic skin.

INGREDIENTS

2 cups (470 ml) distilled water, brought to a simmer
1 tablespoon dried **yarrow** 79
1 tablespoon dried calendula leaves
1 teaspoon freshly squeezed **lemon** 59 juice 1 tablespoon (20 g) honey
1/4 cup (60 ml) **witch hazel** 44
4 drops **patchouli** 60 essential oil
3 drops tea tree essential oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the yarrow and calendula and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Add the lemon juice, honey, witch hazel, and essential oils to the infusion. Pour into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with a moisturizer.

Yield: 2 1/4 cups (530 ml)

Herbs for Spirit

APPLE

Teaches you about the power of Earth magic

APPLE WILL

- Attract love
- Deepen your spiritual connection
- Teach you about Earth magic

Placing a bouquet of apple blossoms in your home will attract love or enhance the relationship you're already in. To expand your ability to see into the future and deepen your connection to all Earth magic, place a branch on your altar. Eating an apple before you meditate will increase your ability to access ancient wisdom.

ACNE SKIN TREATMENT OIL OR CLEANSER

This blend of essential oils helps cleanse bacteria and refreshes the skin without overdrying or irritating it. It's great for those with combination skin.

INGREDIENTS

1/2 cup (120 ml) distilled water (substitute 1/4 cup [60 ml] jojoba or grapeseed oil if used as a treatment oil)
5 drops rosemary essential oil
5 drops **thyme** 50 essential oil
2 drops **lemon** 59 essential oil
6 drops German **chamomile** 74 essential oil 4 drops **sage** 16 essential oil
1/4 cup (60 ml) hazelnut oil

DIRECTIONS

Blend all the ingredients well and store in a sterile container.

To use as a treatment oil, apply a few drops to the fingertips and massage onto skin; do not rinse. To use as a cleanser, apply 1 tablespoon (15 ml) of the mixture to the face in a circular motion. Rinse and pat dry, then follow with a toner and moisturizer of your choice.

Yield: 3/4 cup (180 ml) cleanser or 1/2 cup (120 ml) treatment oil

HEALING FACIAL TONIC

If you're surprised to see marshmallow root as a healing element, consider this: It's actually where campfire marshmallow roasting started. Parents roasted the root on their stoves to ease children's sore throats and coughs.

INGREDIENTS

2 cups (470 ml) distilled water
1 teaspoon chopped **comfrey** 47 root
1 teaspoon chopped marshmallow root
1 teaspoon dried **chamomile** 74
1 teaspoon dried calendula
2 tablespoons (30 ml) **witch hazel** 44
1 teaspoon vegetable glycerin
5 drops **lavender** 22 essential oil
5 drops **juniper** 40 essential oil

DIRECTIONS

To make a decoction, bring water with herbs to a steady simmer and cover. Let it simmer for at least 45 minutes or longer.

Place a strainer over a clean container and pour. Use the back of a spoon to press any remaining liquid through the strainer. You can use cheesecloth in place of the strainer, but be sure to wring it out. Your decoction is ready for consumption or can be stored for later use in the refrigerator for 3 to 4 days.

Add the witch hazel, glycerin, and essential oils to the decoction. Pour into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with a moisturizer.

Yield: 2 cups (470 ml)

LAVENDER

Gives you a fresh spiritual outlook

LAVENDER WILL

- Infuse you with peace, joy, and a sense of connection
- Control anger
- Deepen your spiritual awareness
- Repel negativity

Place dried lavender flowers on your altar to deepen your spiritual connection and expand your awareness. Hang flowers over your front door to fill your home with love. Use dried lavender anytime as incense to deepen your meditations and fill your home with the magic of Midsummer Night's Eve.

SENSITIVE SKIN TONER

Rose petals and chamomile soothe and nourish the skin, while orange blossoms calm and brighten. This toner is great for dry and sensitive skin types.

INGREDIENTS

3 cups (705 ml) distilled water
2 tablespoons dried **rose** 36 petals
2 tablespoons dried **chamomile** 74
3 tablespoons dried **orange** 76 blossom flower 1/4 cup (60 ml) **witch hazel** 44
5 drops **jasmine** 54 essential oil
5 drops neroli essential oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Add the witch hazel and essential oils to the infusion and mix well. Pour into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with a moisturizer.

Yield: 3 1/4 cups (765 ml)

BASIC LOTION BASE

This recipe is a great base lotion that allows you to customize the essentials oils to your needs or preferences. The oils used are beneficial for all skin types, but as you experiment more, these too can be substituted to your liking.

INGREDIENTS

For Phase A:

1 1/4 cups (295 ml) distilled water

For Phase B:

1/4 cup (60 ml) sweet **almond** 17 oil
1/4 cup (60 ml) evening primrose oil 2 tablespoons (30 ml) meadowfoam seed oil
3 tablespoons (42 g) emulsifying wax

For Phase C:

15 drops essential oil of your choice (such as **angelica** 46, **bergamot** 73, **bay leaf** 24, **cedarwood** 29, **dill** 70, **frankincense** 27, **myrrh** 34, or **sandalwood** 30)

DIRECTIONS

For Phases A and B: Measure out all the ingredients for phase A (water phase) and put them into a regular saucepan. Measure out all the ingredients for phase B (oil phase) and put them into a double boiler. A double boiler is used for the oils to avoid burning them.

Bring both phases to 170°F (77°C).

Once both phases are at the correct temperature, remove them from the heat and pour phase A into phase B, mixing continuously. Keep stirring the two phases while they start to cool.

Let them cool.

For Phase C: Once the mixture has cooled to 120°F (49°C) or less, add phase C ingredients, and stir constantly until cool. Store in a sterile container, label it, and date it.

To use, after cleansing and toning, apply lotion in a circular motion. Be careful around the delicate eye area.

Yield: 2 cups (470 ml)

BAY LEAF

Deepens your awareness of your divinity

BAY LEAF WILL

- Enhance any magical endeavors
- Strengthen your spiritual connection
- Increase creativity
- Bless and protect your home

To increase your psychic powers, purify your home, and enhance any magical rituals you perform, burn dried bay leaves as incense. Hanging a bay wreath in your home will bring you wisdom, inspiration, abundance, and justice. A leaf carried on your person will ward off curses and negative energy.

VALERIAN ROOT

Helps you connect with your magical essence

VALERIAN ROOT WILL

- Attract love
- Ensure a good night's sleep
- Create a protective shield
- Purify your home

To surround your home in a protective bubble, hang the root over your door. To attract love, place a small piece of the root in an amulet and wear it around your neck. When two people are fighting, place some of the root near them, and the fighting will stop immediately.

LIGHT MOISTURIZING OIL OR CLEANSER

This is a great moisturizing oil or cleanser for sensitive skin types.

INGREDIENTS

1/2 cup (120 ml) distilled water (omit if used as a treatment oil)
2 teaspoons vegetable glycerin (substitute 1/4 cup [60 ml] jojoba or borage oil if this will be used as a treatment oil) 5 drops **chamomile** 74 essential oil
2 drops **lavender** 22 essential oil

DIRECTIONS

Blend all the ingredients well and store in a sterile container.

To use as a treatment oil, apply a few drops to your fingertips and massage onto skin; do not rinse. To use as a cleanser, apply about 1 tablespoon (15 ml) of the mixture to your face in a circular motion. Rinse and pat dry, then follow with toner and moisturizer.

Yield: 1/2 cup (120 ml) cleanser or 1/4 cup (60 ml) treatment oil

LICORICE ROOT

Helps you connect with your magical essence

LICORICE ROOT WILL

- Attract love
- Bring you good luck
- Help you stop smoking

Energetically, licorice plants make wonderful wands. If you're trying to stop smoking, chew on the fresh or dried root. Doing so will also bring you good luck. To attract love, add licorice root to an amulet. Hanging a licorice root sachet in your closet will banish negative energy and make you feel more attractive.

CUCUMBER EYE GEL

This hydrating eye gel soothes and calms tired eyes. Cucumber juice and aloe vera act like an instant drink of water for your skin, hydrating thirsty cells.

INGREDIENTS

1 tablespoon (14 g) **aloe vera** 6 gel
1 teaspoon fresh **cucumber** 18 juice, strained (best it you have a juicer) 1/4 teaspoon cornstarch
1 tablespoon (15 ml) **witch hazel** 44

DIRECTIONS

In a double boiler, combine the aloe, cucumber juice, and cornstarch and warm carefully; be careful not to overheat or bring to a boil. Remove and transfer to a bowl, and mix in the witch hazel. Allow to cool completely before transferring the mixture to a sterile container. This gel will last a week if properly stored; it's best to store in the refrigerator, and doing so also makes it a refreshing eye treatment.

To use, apply under the eye in an upward, dotting motion, being careful not to pull on the skin.

Yield: 2 tablespoons (30 ml)

FRANKINCENSE

Helps deepen your spiritual connection

FRANKINCENSE WILL

- Purify and raise the spiritual vibration of your home
- Create peace of mind
- Improve concentration

When the dried herb is burned as incense, frankincense gives off very powerful spiritual vibrations. Frankincense cleanses, purifies, consecrates, and blesses the area by clearing it of negative energies. It will quiet the mind and improve the ability to concentrate. If you burn it while meditating, it will enhance your meditation and induce visions.

LIP-PLUMPING MOISTURE GLOSS

A great moisturizing balm, this recipe uses anise and cinnamon essential oils to create a gentle, natural plumping effect. To add color to the gloss, you can stir in beet juice or beet powder.

INGREDIENTS

2 teaspoons beeswax
2 teaspoons coconut oil
1/4 teaspoon vitamin E oil
2 tablespoons (30 ml) sweet **almond** 17 oil 2 or 3 drops **cinnamon** 68 essential oil
2 drops **anise** 66 essential oil

DIRECTIONS

Place the beeswax, coconut oil, vitamin E oil, and almond oil in a double boiler over medium heat. Stir until melted and remove from the heat. Slowly stir in the essential oils. Slowly pour into a sealable, sterile container. Let cool and solidify before using.

To use, apply to the lips as needed.

Yield: 3 tablespoons (45 ml)

AMARANTH

Deepens your connection to spirit

AMARANTH WILL

- Promote long life
- Make you feel unstoppable
- Deepen your connection to the gods and goddesses

Wearing a wreath made of amaranth flowers will assist you in connecting with your spirit in a profound manner. To make a wreath, you can wind the flowers around a circle made from a willow branch or a thin piece of bamboo.

CEDAR

Cocoons you with your spiritual essence

CEDAR WILL

- Dispel negative energy
- Open you up to higher levels of spiritual consciousness
- Chase away nightmares
- Attract love

To banish negative energy, burn some cedarwood as incense. It will also raise the spiritual vibration of the area where it is burned. Make your altar out of cedarwood if you want to deepen your connection to your spiritual side and to spirit in general.

VANILLA LIP BALM

This recipe makes a simple and tasty lip balm.

INGREDIENTS

1 teaspoon organic honey
2 tablespoons (30 ml) sweet **almond** 17 oil 2 teaspoons beeswax
1/2 teaspoon candelilla wax
5 drops **vanilla** 62 extract

DIRECTIONS

In a clean bowl, mix together all the ingredients. Pour into a sealable, sterile container.

To use, gently rub the mixture onto your lips with a clean fingertip.

Yield: 3 tablespoons (45 ml)

SANDALWOOD

Makes your entire life a sacred act

SANDALWOOD WILL

- Help you focus your attention
- Attract love
- Increase clairvoyance
- Call spirit helpers

To make your deepest hopes, dreams, and desires come true, burn Sandalwood as incense once a day while clearly visualizing your desired outcomes. Place Sandalwood on your altar to open a doorway for spiritual helpers to come to your aid. Hold it to your forehead to enhance your clairvoyant abilities.

CHAMOMILE SUN RELIEF INFUSION

Chamomile is known for its soothing effects on the body, both internally and externally. This infusion works amazingly well to soothe and take the sting out of sunburn. It's great to keep on hand in the refrigerator as a cooling skin treatment after a (too long) day in the sun.

INGREDIENTS

1 to 2 tablespoons (2 to 4 g) dried **chamomile** 74
1 cup (235 ml) water, simmering
2 tablespoons (30 ml) **apple** 20 cider vinegar

DIRECTIONS

Pour water over chamomile and let it steep for 15 to 25 minutes. You should cover it while steeping to make sure you don't lose any of the plant's goodness.

Place a strainer and cheesecloth over your cup or sealable container and strain.

Add the apple cider vinegar. Pour the mixture into a sterile spray bottle and place it in the refrigerator to cool.

To use, spray on the affected area (do not rub on the skin) and let dry. Reapply as needed.

Yield: 1 cup (235 ml)

LAVENDER ALOE SPRAY

This spray is great to have on hand during the summer months; not only is it super refreshing and hydrating to the skin, but its soothing effects also feel great on sunburned skin.

INGREDIENTS

1 cup (235 ml) **aloe vera** 6 gel (oil extract or powder can also be used)
1/2 cup (120 ml) **witch hazel** 44
1/2 cup (120 ml) distilled water 15 drops **lavender** 22 essential oil

DIRECTIONS

Pour all the ingredients into a sterile spray bottle, seal, and shake. Place in the refrigerator to cool.

To use, spray on the affected area (do not rub on the skin) and let dry. Reapply as needed.

Yield: 2 cups (470 ml)

PASSIONFLOWER

Shows you how to be a friend

PASSIONFLOWER WILL

- Calm emotions
- Fill your home with peace
- Attract friends
- Ensure a peaceful night's sleep

Grow a passionflower plant near your home to fill your life with a sense of peace, ease, and joy. To deepen your connection with your divinity, place the flowers on your altar. Carrying a few petals in an amulet will attract love and friendship.

SUN RELIEF MILK

Very soothing to the skin, this combination relieves the pain of sunburn while helping heal the skin with the hydrating effects of aloe and the anti-inflammatory properties of cucumber.

INGREDIENTS

1/2 cup (120 ml) **aloe vera** 6 juice
1/2 cup (120 ml) **cucumber** 18 juice 1 cup (235 ml) buttermilk
10 drops **lavender** 22 essential oil

DIRECTIONS

Combine all the ingredients in a bowl, and soak some cheesecloth or muslin strips in the mixture.

To use, apply the strips to the sunburned area and let sit. Alternatively, you can pour the mixture into a bath and use as a soak.

Yield: 2 cups (470 ml)

VIOLET

Helps you connect with the ancient power of love

VIOLET WILL

- Attract love
- Surround you with supportive people and spirits
- Remind you of the importance of dedication
- Fill your life with joy

Violets have long been associated with love, attracting helpful and loving spiritual beings, and pulling in powerful healing vibrations. They generate the energy of steadfastness. Surround yourself with violets to remind you to be true to yourself and follow through on all your commitments.

SLEEP EASE TEA

Soothe yourself to sleep with this relaxing blend. Chamomile and valerian are well known for calming the nerves.

INGREDIENTS

1 part **chamomile** 74
1/4 part oat straw 1/4 part linden flower 1/4 part dried **passionflower** 32 leaves 1/4 part **valerian** 25
1/4 part **lemon verbena** 56
1/4 part calendula Honey, to taste

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don’t lose any of the plants’ goodness.

Strain with a strainer and cheesecloth.

To use, drink prior to bedtime.

MYRRH

Opens your heart to love

MYRRH WILL

- Invoke the divine feminine
- Deepen your connection to your spirit
- Create a feeling of peace and joy
- Facilitate healing

Myrrh was used by the Egyptians to honor Isis, the goddess of love. Add it to an amulet to attract love, peace, joy, and happiness. To bless and sanctify your home, burn myrrh with frankincense as incense. Burn it while you meditate to deepen your meditations.

BASIL

Fills your life with love

BASIL WILL

- Calm tempers
- Banish evil from your home
- Bring luck, prosperity, and harmony
- Mend lovers' quarrels

To find out whether a relationship will last, gently place two sprigs of basil in a fire. If they pop and jump, the relationship will be volatile. If they move apart, the relationship won't last. If they stay together, the relationship will be harmonious. To mend a lovers' quarrel, place sprigs of it around the bedroom.

STRESS TEA

Fruity and aromatic, chamomile gently calms and lemon balm lifts the spirits and reduces anxiety.

INGREDIENTS

1 part **chamomile** 74
1/2 part **rosehips** 36
1/4 part **lemon balm** 41
1/4 part **orange** 76 peel 1/4 part linden blossoms 1/4 part oat straw

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

To use, drink as needed.

ROSES

Fills your life with romance

ROSES WILL

- Bring peace
- Attract love
- Mend the pain of loss
- Empower you

Rose is the master herb of love. Placing a bouquet of roses on your altar will deepen your experience of divine love. To balance your emotions and enhance self-love and acceptance, bathe with some rose petals floating on the water. Doing so will help you relax and become more centered. To attract love, put some rose petals in an amulet.

HEADACHE TEA

Feverfew is known for its headache-and migraine-alleviating abilities. Lemon balm eases anxiety and calms the nerves.

INGREDIENTS

1/2 part **lemon balm** 41
1/4 part **feverfew** 11
1/4 part **lavender** 22
1/4 part **chamomile** 74

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

To use, drink as needed, up to 4 or 5 cups a day, until the headache subsides.

HIBISCUS

Helps you live your life from a place of love

HIBISCUS WILL

- Open your heart to love
- Help you see into the future
- Help you to relax and let go of your fears

Hibiscus can help you make decisions about your future. Hold a flower in your hand while you are meditating and look closely at its leaves. Feel its presence and see what sort of insights it brings to you.

COLD EASE TEA

Echinacea is a powerful immune system stimulant, increasing white blood cell production. This tea is great to take with the onset of a cold and has an energizing peppermint flavor.

INGREDIENTS

1 part **echinacea** 49 root
2 parts **peppermint** 78 leaves 1/2 part **yarrow** 79 leaves 1/2 part **lemon balm** 41 leaves 1/2 part **sage** 16 leaves Honey, to taste

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

To use, drink as needed at the onset of a cold.

JUNIPER

Surrounds you with love

JUNIPER WILL

- Protect you
- Attract love
- Keep you safe from accidents

Hang a branch of Juniper over your front door to protect your home and keep negative energies from entering. To prevent accidents and attract love, place some berries in an amulet and wear it around your neck. To purify an area, burn the dried leaves as incense.

LEMON BALM

Fills your heart with compassion

LEMON BALM WILL

- Attract love
- Help you release judgments
- Deepen your spiritual connection

Dried lemon balm leaves and flowers are a wonderful addition to love amulets. To help make your dreams manifest, write them down and wrap them and a lemon balm plant (except the roots) in linen, tie the bundle with silk thread, and place it on your altar. Say a prayer, and bury the bundle once it’s been answered.

SORE THROAT AND COUGH HONEY

Use the following herb blend to help soothe a sore throat and ease a cough.

INGREDIENTS

1 part **thyme** 50
1/2 part **fenugreek** 7
1/2 part **peppermint** 78
1/2 part **lemon balm** 41
honey

DIRECTIONS

To make an herbal honey, start by selecting your herbs. When you are using fresh herbs, make sure they are clean, and then coarsely chop them. Use equal parts honey to herbs (or half the amount of herbs if using dried). This process can also be used with tinctures; use equal parts honey to tincture. Place the herbs in a sterile, sealable container.

It's often easiest to work with warm honey, because it helps to release the herbs' curative properties, but be careful not to overheat or boil it. Pour the warm honey over the herbs or tincture and slowly stir the mixture.

Tightly seal the jar, label it, and date it. Let the mixture macerate for at least 1 week; up to or more than a month is best. When you open for the first time, stir well before using.

To use, take 1 to 2 tablespoons (20 to 40 g) daily until symptoms subside. This is also great in tea or warm lemon water.

Herbs for Strength

WILLOW

Helps you release sadness and grief

WILLOW WILL

- Attract love
- Help you find the perfect mate
- Protect your home
- Heal your mind and body

Collect nine willow branches and braid them together while they are fresh. Sweep with the branches to clear spirits from your home or whenever you are performing a healing ritual. You can also form the braid into a circle and place it on your altar. Write down your dreams place them in the center until they manifest.

COLD AND FLU HONEY

These herbs are known to help fight colds and flu but also help soothe throat and bronchial irritations.

INGREDIENTS

1 part rosemary
1 part **elder** 58
1/2 part **ginger** 72
1/2 part **lemon balm** 41
honey

DIRECTIONS

To make an herbal honey, start by selecting your herbs. When you are using fresh herbs, make sure they are clean, and then coarsely chop them. Use equal parts honey to herbs (or half the amount of herbs if using dried). This process can also be used with tinctures; use equal parts honey to tincture. Place the herbs in a sterile, sealable container.

It's often easiest to work with warm honey, because it helps to release the herbs' curative properties, but be careful not to overheat or boil it. Pour the warm honey over the herbs or tincture and slowly stir the mixture.

Tightly seal the jar, label it, and date it. Let the mixture macerate for at least 1 week; up to or more than a month is best. When you open for the first time, stir well before using.

To use, take 1 to 2 tablespoons (20 to 40 g) daily until symptoms subside. This is also great in tea or warm lemon water.

WITCH HAZEL

Removes the pain of loss and reminds you how to love

WITCH HAZEL WILL

- Provide protection
- Locate lost objects
- Balance emotions

For protection, hang some witch hazel branches over your doorways. If you've experienced a recent loss in your life, carry witch hazel leaves on your person. It will help you overcome your pain and balance emotions in general.

ALFALFA

Helps you feel safe by giving you the knowledge that you have more than enough of everything

ALFALFA WILL

- Bring prosperity into your life
- Increase fertility
- Create harmony

To attract abundance into your life, grow alfalfa seeds in a pot on your windowsill. And if you're looking to add a family member, burn the leaves outside on a calm day and then scatter the ashes around your property; this will attract abundance in general.

COLD SEASON TINCTURE

This blend will ensure a speedy recovery from colds and flu.

INGREDIENTS

1 part **thyme** 50 leaves
1 part **echinacea** 49
1 part **violet leaf** 33
1 part **peppermint** 78 leaf 1 part **goldenseal** 75
80 proof alcohol to use as a solvent

DIRECTIONS

Make the tincture: For fresh herbs, use 1 part herb to 2 parts alcohol (for dried herbs increase the liquid to 5 parts). Generally, 15 to 25 percent alcohol will produce the best tincture, ensuring its curative benefits while avoiding contamination from mold.

If you are using fresh herbs, make sure they are clean and any damaged or dying bits are removed. Then chop them; this helps with solvent penetration and will speed the process. Once you've prepared your herbs, select which solvent you will use and measure out the proper ratios. Place the herbs in a sterile sealable container, leaving about 1 inch (2.5 cm) or so of space at the top. Pour your solvent over the herbs, covering them completely.

Seal the mixture tightly, give it a shake, and place it in a dark storage area, away from direct sunlight and heat. It's also wise to label your tincture and include the date. Let the mixture macerate for at least 2 weeks or up to a month, shaking periodically.

Place cheesecloth over your container and strain all the liquid into a clean container. Wring it out, making sure you get all the liquid. Pour it into a dark-colored sterile bottle, label it, and date it. An amber dropper bottle works best, for both dosage convenience and shelf life.

To use, take 3 to 8 drops 2 to 8 times daily until symptoms subside. Can be diluted in water, tea, or juice.

ANGELICA

Surrounds you with a sense of peace, love, and protection

ANGELICA WILL

- Surround you with protection
- Release negative thinking
- Attract abundance
- Help with divination

Angelica is the master herb of protection; it is effective against negative thoughts, misfortune, and even lustful peeping Toms! Wear a pinch of dried angelica in an amulet or grow it around your property to repel negativity and invite angels and fairies into your life.

COMFREY

Makes you feel comfortable in the most challenging situations

COMFREY WILL

- Ensure safe and easy travel
- Protect your suitcases
- Attract abundance

When traveling, place a piece of comfrey root in the bottom of your suitcase to ensure that it arrives safely. Carry a small piece in your pocket to make sure you arrive on time, too. Sprinkle small pieces around your property as a blessing. When burned as incense, it creates an atmosphere of peace and well-being.

NERVE TONIC TINCTURE

The herbs used in this blend help calm the nerves, easing anxiety and stress.

INGREDIENTS

1 part **chamomile** 74
1 part **lemon balm** 41
1 part **lavender** 22 blossom 2 parts oat straw
1/4 part **passionflower** 32
80 proof alcohol to use as a solvent

DIRECTIONS

Make the tincture: For fresh herbs, use 1 part herb to 2 parts alcohol (for dried herbs increase the liquid to 5 parts). Generally, 15 to 25 percent alcohol will produce the best tincture, ensuring its curative benefits while avoiding contamination from mold.

If you are using fresh herbs, make sure they are clean and any damaged or dying bits are removed. Then chop them; this helps with solvent penetration and will speed the process. Once you've prepared your herbs, select which solvent you will use and measure out the proper ratios. Place the herbs in a sterile sealable container, leaving about 1 inch (2.5 cm) or so of space at the top. Pour your solvent over the herbs, covering them completely.

Seal the mixture tightly, give it a shake, and place it in a dark storage area, away from direct sunlight and heat (the kitchen cupboard is fine). It's also wise to label your tincture and include the date. Let the mixture macerate for at least 2 weeks or up to a month, shaking periodically.

Place cheesecloth over a clean container and strain all the liquid into it. Wring it out, making sure you get all the liquid. Pour it into a dark-colored sterile bottle, label it, and date it. An amber dropper bottle works best, for both dosage convenience and shelf life.

To use, take 3 to 8 drops 2 to 8 times daily until symptoms subside. Can be diluted in water, tea, or juice.

4 CUPS
3 CUPS

4 CUPS
32oz
1 Quart
3 CUPS
28oz
2 CUPS
20oz

DULSE

Teaches you about tenacity

DULSE WILL

- Encourage harmony
- Increase sexual pleasure
- Protect your home

Before an evening with your beloved, add a sprinkle of dried dulse to the beverage of your choice to enhance your sexual pleasure and increase your desire. Sprinkle a pinch of the dried seaweed around the rooms of your home to encourage a sense of harmony, peace, and love. To protect your house, hang some over your front door.

ECHINACEA

Gives you inner strength

ECHINACEA WILL

- Keep love fresh and passionate
- Increase fertility
- Preserve youth
- Attract abundance

Place a bouquet of dried echinacea flowers on your altar to ensure the success of all your magical requests. To attract abundance, sprinkle some dried flowers into your wallet. Add some to an amulet to enhance the strength of any other herb. Plant it in your yard to protect your home and bring magic and miracles into your life.

CALENDULA AND AMARANTH SALVE FOR CUTS AND SCRAPES

Calendula is known for its bacteria-fighting and healing properties. Amaranth flowers, leaves, and roots all possess strong antiseptic properties. This salve is great to use on cuts and scrapes.

INGREDIENTS

2 parts calendula
1 part **plantain** 61 leaves 1 part **amaranth** 28
1 cup (235 ml) oil of choice (**sesame** 13 oil is recommended) 1/4 cup (54 g) beeswax

DIRECTIONS

In a double boiler, heat oil and beeswax, and melt it.

Slowly stir in the herbs. Let the mixture macerate over low heat for a couple of hours. Using a double boiler keeps it from burning, but keep an eye on the water level, as it will evaporate quickly.

Remove from the heat. Place a cheesecloth or muslin over a clean container and pour the mixture into it.

Use a spatula or the back of a large spoon to press the herbs and get any liquid out.

Pull the sides of the cheesecloth together, then wring out any remaining oils.

Pour into a clean, sealable container.

Seal, label, and date. Let stand until the ointment is cool and has solidified before use.

To use, apply to cuts and scrapes as needed.

Yield: 1¼ cups (300 ml)

THYME

Strengthens your will

THYME WILL

- Help you sleep
- Purify your home
- Give you courage
- Attract love

Dried thyme incense will make everyone in your house healthy, purify the space, and fill it with love and peace. A thyme tea bath will help release the past, fill you with peace and love, increase your willpower, and give you courage. Add 2 tablespoons dried thyme to 2 cups boiling water. Let steep for ten minutes, strain, and add to bathwater.

COMFREY JOINT AND BRUISE SALVE

Comfrey is highly valued for its soothing abilities, facilitating the healing of damaged tissue.

INGREDIENTS

2 parts **comfrey** 47
1 part **thyme** 50
1 part rosemary
15 drops **arnica** 67 extract 5 drops **lavender** 22 essential oil 1 cup (235 ml) **sesame** 13 oil or other carrier oil of choice 1/4 cup (54 g) beeswax

DIRECTIONS

In a double boiler, heat oil and beeswax, and melt it.

Slowly stir in the herbs. Let the mixture macerate over low heat for a couple of hours. Using a double boiler keeps it from burning, but keep an eye on the water level, as it will evaporate quickly.

Remove from the heat. Place a cheesecloth or muslin over a clean container and pour the mixture into it.

Use a spatula or the back of a large spoon to press the herbs and get any liquid out.

Pull the sides of the cheesecloth together, then wring out any remaining oils.

Pour into a clean, sealable container.

Seal, label, and date. Let stand until the ointment is cool and has solidified before use.

To use, apply to the affected area as often as needed.

Yield: 1¼ cups (300 ml)

2 CUPS
1¾
1 ½
1 ¼
1 CUP
16oz
12oz
8oz
4oz
½ Qt

EUCALYPTUS

Helps you breathe easier and release fear

EUCALYPTUS WILL

- Help with all forms of healing
- Protect your home
- Enhance your financial success

The dried flowers make a powerful stuffing for poppets (magical dolls) for healing emotional, spiritual, and physical ailments. Sprinkle the oil around the inside of your home to raise the spiritual vibration and dispel any residual negative energy. If you sleep with the leaves under your pillow, they will induce sweet dreams and prevent colds.

BEAUTY SALVE

Lavender is known for its amazing hydrating and healing properties when applied to the skin. Hibiscus is beneficial for softening the skin while firming and lifting.

INGREDIENTS

1 part **lavender** 22
1 part **hibiscus** 38
1/2 part **rose** 36 petals 1/4 cup (54 g) shea butter 1 cup (235 ml) jojoba or **rosehip** 36 oil 1/4 cup (54 g) beeswax

DIRECTIONS

In a double boiler, heat shea butter, oil, and beeswax, and melt it.

Slowly stir in the herbs. Let the mixture macerate over low heat for a couple of hours. Using a double boiler keeps it from burning, but keep an eye on the water level, as it will evaporate quickly.

Remove from the heat. Place a cheesecloth or muslin over a clean container and pour the mixture into it.

Use a spatula or the back of a large spoon to press the herbs and get any liquid out.

Pull the sides of the cheesecloth together, then wring out any remaining oils.

Pour into a clean, sealable container.

Seal, label, and date. Let stand until the ointment is cool and has solidified before use.

To use, apply daily to face or to areas of concern, such as the lips, under the eyes, or the neck. This can even be used as a cuticle treatment or on the elbows and heels.